



Men's Health Issues



Prostate Cancer and Sexual Health



Why Do Men Fear Going To The Doctor ?

- Many men avoid doctors for routine checkups and medical care when they are sick. The reason seems to be a mixture of fear, embarrassment and machoism, which is not healthy.
- A nationwide survey of 1,000 adults by Men's health Magazine and CNN found that one-third of men would not go to the doctor even if they were experiencing chest pains or shortness of breath. (The top two indicators of an heart attack).



Why Do Men Fear Going To The Doctor?

- Avoiding the doctor can lead to worst news. However, it is important to have a relationship with a primary care physician even if you are not sick.
- Men usually go to the doctor only when there is something wrong. Often results in a condition that requires emergency care.



Minorities and Prostate Cancer

- African American men have a 66 percent higher incidence rate of prostate cancer in addition to high-blood pressure, stomach and liver cancer than white men.
- African American, Hispanic and Latino men who are at risk, should get screened for prostate cancer in their 40's.



Why Do Men Fear Going To The Doctor?

- Fear of getting bad news.
- Don't want to know about health issues.
- If I do not hurt, I'm not sick.
- Lack of insurance or money.
- Use the Emergency Room (ER) as basic health care screening.
- Past negative experiences with health care providers.

Why Do Men Fear Going To The Doctor?



- Fear of discrimination.
- Lack of family support that encourages healthcare and/or screening.

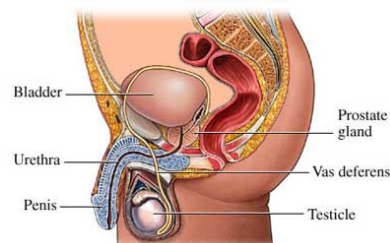




Prostate Cancer and Sexual Health

- The Prostate is a small organ about the size of a walnut. It is found below the bladder (where the urine stored) and surrounds the tube that carries urine away from the bladder (urethra). The prostate makes a fluid that becomes part of the semen.

Prostate



Prostate

- The Prostate gland produces a substance called PSA, or prostate specific antigen. A small amount of PSA can be found in blood, but it is mostly present in semen. A blood test is done to measure the amount of PSA.
- PSA is measured by nanograms per millimeter of blood. Most men have under 4 nanograms. Anything higher can indicate cancer.

Prostate

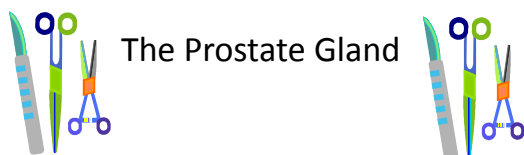
- A PSA higher level between 4 and 10, indicates a 25% chance of it being prostate cancer.
- A PSA higher than 10, increases the chance of having prostate cancer up to 50%.

There are several factors that can also elevate the PSA, such as:

- Ejaculation (no ejaculation at least two days prior to the test).
- PSA can naturally increase with age.
- Inflammation of the prostate gland.
- Non cancerous enlargement of the prostate.

The Prostate Gland

- The prostate typically grows during two specific periods of time throughout a mans life.
- It doubles in size early in puberty, and then sometimes around the age of 25, it goes through a second growth phase.



The Prostate Gland

- As the prostate grows, it puts pressure on the urethra-the tube that carries urine and semen out of the penis.
- The increasing pressure on the urethra may cause bothersome urinary symptoms and in rare cases may even lead to prostate surgery.



If Cancer is Found

- If your doctor suspects from the PSA test or a suspicious digital rectal exam that you may have prostate cancer he may suggest a biopsy.



Choosing a Therapy

- The Primary choices include surgery, radiation, and hormone therapy.
- Treatments can have side effects. Surgery and radiation can result in impotence and incontinence.
- Hormonal therapy, which reduces the amount of testosterone in the bloodstream and thereby deprives a prostate tumor of a necessary stimulus, has been shown in clinical trials to extend life and delay time to disease progress. Side effects are usually loss of sex drive and weight gain

Guiding Principles



- Insist of a second opinion.
- Get as much information as possible from books, support groups and the internet (since this information may not always be accurate, unbiased, or applicable to your situation, be sure to check with a doctor before following any medical advice you read about).
- Take along a detailed list of questions and record the answers.

Guiding Principles cont....



- Ask about your doctor's experience in treating prostate cancer.
- Take along your wife or a friend who can act as your advocate.
- Make sure you and your doctor treat the whole patient and not just the prostate.



Contacts



- National Prostate Cancer Coalition 888-245-9455
- National Cancer Institute – 1-800-4CANCER
- Us Too – 1-800-808-7866
- American Cancer Society Man-to-Man – 1-800-ACS-2345